

## Dealing with Deployment

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### Summary

Deployment is a very stressful and hectic time for all Family members. Feelings during the deployment may include relief, anxiety, pride, enthusiasm, frustration, and abandonment. Family members may experience a change in schedule, a change in eating and sleeping habits, and intense busyness.

The Yellow Ribbon Program offers two, one to two day, events during a Soldier's deployment that Families may attend.

- The first event occurs between 30 to 60 days into deployment. Families receive information on how to connect with their Servicemember during deployment. Attending the event are health professionals to assist in identifying at risk Family members and to provide referral information on appropriate agencies. Other areas covered during the event are TRICARE issues, Psychological First Aid, coping tips, financial readiness issues, and child and youth issues.
- The second event occurs between 30 and 60 days before demobilization. Families receive information about the homecoming, resilience and risk reduction, traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD) awareness, identifying and discussing reunion issues, and Psychological First Aid. Other areas the event covers are how to communicate with their Servicemember, outreach to employers and religious communities, and child and youth services.

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### Quick Guide: Finding Local Resources

1. Access the [Joint Services Support – Yellow Ribbon Reintegration Program Website](#) or [National Guard Family Program Website](#)
2. Click on “Find Local Resources”
3. Select your State
4. Click on “Next”
5. Select the personnel and/or organization resources you wish to find (e.g., ARNG YRRP Program Manager)
6. Click on “Next”
7. Receive information about local events and/or personnel

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## **Frequently Asked Questions**

### **Q. How can I communicate with my Servicemember during deployment?**

A. The following is a list of ways to communicate during deployment:

- Letters
- Emails
- Phone calls
- Care packages
- Audio/videotapes
- Webcam
- Skype

### **Q. What types of resources are available for Family members during deployment?**

A. There are many resources available to Family members during deployment and some examples are:

- Family Assistance Centers (FACs)
- Family Readiness Groups (FRGs)
- TRICARE
- Military Family Life Consultants (MFLCs)

### **Q. How do I find more information about upcoming Yellow Ribbon events?**

A. To find more information about local upcoming Yellow Ribbon events contact your local State Family Program, access the [Joint Services Support – Yellow Ribbon Reintegration Program Website](#) or [National Guard Family Program Website](#), or refer to the quick guide above.

### **Q. What is the definition of a medical emergency?**

A. A medical emergency is defined as a death, critical illness, or injury to an immediate Family member. A critical illness or injury has the outcome of death or disability. Immediate Family members include:

- Spouse
- Parents
- Children
- Grandparents
- Guardians who raised the Servicemember

### **Q. Who can help me send an official verification of an emergency to my Servicemember?**

A. The American Red Cross can assist you in sending an official verification of an emergency letter. The letter is sent to the Commanding Officer of the Servicemember's Unit and is the only one who can grant or deny the emergency level.

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## Links

- [Joint Services Support – Yellow Ribbon Reintegration Program](#)  
This website provides the mission and vision of the National Guard Bureau's Yellow Ribbon Reintegration program and information about the Yellow Ribbon program events that occur throughout the deployment cycle.
- [National Guard Family Program](#)  
This website provides the mission and vision of the National Guard Family program, information about the partnerships the National Guard has formed with local, regional, and national communities, and information about financial, household, and emotional support.
- [Yellow Ribbon Program](#)  
This website provides information and resources on the Yellow Ribbon program to Servicemembers, their Families, and military leadership, web links for recent news articles about the program, policy and guidance references, and additional resources (i.e. health care, counseling, financial, legal, etc.).
- [American Red Cross](#)  
This website provides information on how to get assistance from the American Red Cross, how to find your local Red Cross center, how to get involved, and how to prepare for an emergency.
- [4-H](#)  
This website provides the history of the 4-H community, a list of programs involved in the community, how to get involved, and resources.

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## Points of Contact

- ARNG-HRF  
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